

Skillz Manifesto artwork dazzles at Conestoga



PHOTO BY BRIAN YOUNG

This artwork is part of Skillz Manifesto, an annual year-end event for students in the same visualization and design programs, which gives Conestoga's budding designers a chance to showcase their work.



PHOTO BY BRIAN YOUNG



PHOTO BY ROBERT SMITH

This dragon consists of some 3,000 pieces of paper. Conestoga's budding designers showcased their designs at the Skillz Manifesto on April 11.



PHOTO BY BRIAN YOUNG



PHOTO BY ROBERT SMITH



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Belly dancing for fitness and fun

Conestoga course begins April 21

By VICTORIA BRACKLEY/CPW

If you're looking for a new and fun workout, Jennifer Smith has some moves for you.

A belly dancer since the late '80s, she's travelled far and wide to learn the art and has been teaching for many years.

Now she's teaching belly dancing for all, a new fitness course at Conestoga that covers the basics of belly dance.

The class is open to those who are, and are not, familiar with the dance.

"If somebody has never belly danced or is a returning student, I'll do a move, when we all move in the same direction, but for those who want to be more challenging, I'll give them another step," said Smith.

The course will cover a variety of dances, including artistry that involves drum solos and finger cymbals.

Not only is it fun, but it has a variety of health benefits as well.

"One will stretch a new way in the back, and someone comes up to her and said 'You have the most beautiful posture,' and she replied, 'That's



Smith teaches her

partner Smith performs a belly dance routine similar to the dances she will teach in her upcoming course. The belly dancing for all course is part of the continuing education program and begins on April 23 at the Osoo campus of Conestoga College.

Smith to try belly dancing," said Smith proudly.

She also stressed that come has an improvement in core muscles. Yet the most important benefit isn't always physical.

"Dance is one of the very best ways for any young person, adult or otherwise, to gain self-confidence. It's more

than dance, it's a positive attitude," said Smith.

For those who may be unsure about, but still wary, there's one important factor to note. You don't have to show your belly to belly dance.

"I was more on stage than somebody's girlfriend on a beach," said Smith with a laugh.

"When you try belly dance, most people perceive the cabaret-style dance with the cleavage and midriff exposed. But even with that, they're winning a new piece that shows a little skin through power posing. You don't always have people showing their navels."

All one needs to bring is comfortable workout clothes and a towel big enough to wrap around your legs.

"It doesn't have to have anything on it or anything, just something to help them see their legs go up and down," said Smith.

The course costs \$150 and runs from April 23 to June 8. You can sign up before April 23 on the Conestoga College website under Continuing Education.

For more information go to www.conestoga.edu

CJFL players wanted

Recruitment is now under way for the Twin Cities Football Conference Junior Football League (CJFL) team.

Typical for the season team is the Ontario Football Conference (OFC), a division of the CJFL, will be held in late May at University Stadium (Kingsborough Field), and are open to play on April 22. Old teams will take place in mid-July, with the season opening game scheduled for Aug. 21.

"There are some talented players out there who, for various reasons, haven't gone on to university and have not had an opportunity to keep playing a sport that they love," said Jan MacArthur president of Twin Cities Minor Youth Football Association. "We can change that so we can give them this opportunity."

The association hopes to see about 100 prospective players through the tryout period, with a final player roster of about 50. MacArthur expects strong interest among the teams from Conestoga, and

recently spent two days on campus to promote the upcoming Frodo box tryouts.


"They want students to come back for a couple of days in May to show them what they're got. This team provides a great opportunity for Conestoga students to get back to the grid soon and play at a national level."

There is no geographic boundary set by the OFC, so interested players may come from anywhere within the "two rivers" (American and Canadian) and are not required to be high school students in school or college for the work force.

Home games will be played at Kingsborough Field in Waterloo. Regular season away games in 2012 will take the team to Brampton, Hamilton, Windsor and Oshawa.

"Players could take the team anywhere in Canada where CJFL is played," MacArthur said.

For more information contact MacArthur at 519-593-5557.



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Anti-bullying needs more support

'It's sad when parents have to move to get away from bullies for their child's sake'

By MARCUS HARRISON

When Kevin and Mike Warriner moved to Ontario in July 2009 from beautiful British Columbia, they were ready to start a new chapter in their life.

However, the two brothers faced something that they never had on time with their home, bullying.

"It says thought it was great because there was a lake park close to our house and the school path was just around the corner," said their mother, Laurel. "Now, the only thing that they had to do was take some friends."

But Mike must take minutes from his school to another, they had trouble with this. When Mike, 11 and Mike, who will be nine in May, went outside to play near their Kitchener home, other kids would push them off their bikes and push on them.

That was their first real fear: acts of bullying and school bullies were rampant yet. This had the two looking down at the steps and wanting to go back to B.C. And when school started, getting pushed on and light up was a daily occurrence.

11

Today we are working with countless youth to make sure they don't go through what we did.

—Katie Nina, co-founder of BullyingCanada

12

"The biggest moment I had in that when the kids got into fights, my child would be in detention or suspended but the other kids were not. My kids were asked to come to school late and leave school late so there was no bullying, to protect them. Why do we have to live in places that are like this and make them look like the old one and when it was done that was started?" Laurel said.

Both boys were already uninvolved odd, not because anything was wrong with them, but because and B.C. kids live a completely different life.

Back home they were used to outdoor activities, fishing, hunting and riding their bikes in someone's yard. In Ontario, they were not.

Other kids didn't believe

them when they told stories of what they did back home, so their mom got them the new and often to create a picture book for them.

Bullying happens every day, and there have been many groups and anti-bullying campaigns created to help stop the violence. Founded in 2009, BullyingCanada was the first anti-bullying website in the country.

"My personal view of bullying is that it's a vicious form of abuse that runs rampant in lives every day," said Katie Nina, co-founder of BullyingCanada. "It is also commonly misperceived that people who bully others are bad people, that is not the case at all. There are many reasons that a person bullies that we can't pinpoint a general reason that a person chooses to bully. Therefore, bullying is an issue that needs to be put to an end, before another life is lost."

However, anti-bullying campaigns can only do so much to stop harassment. Parents and schools are urged to take more control to stop bullying.

Kevin and Mike's school didn't do much to help the two and when Laurel would try and resolve things by going to talk with the bullies' parents, it got her nowhere. She said that just the other day Kevin was getting pushed by two other kids but didn't want to take his new bike that he had gotten for his birthday.

"When it went over to me, I felt the parent, so much so that I was afraid to go to school the next day, I would be that the conversation was going to go nowhere. The kids were coming to school late and disappearing at lunch and other adults and the mother didn't say a thing. My blood was boiling so much, I had to leave," said Laurel.

If getting bullied wasn't enough, Kevin has been dealing with four disorders which include attention deficit hyperactivity disorder and attention deficit disorder. Laurel had to figure out how she could get Kevin the best education at school so she could be the best of Parents for Children's Mental Health, a new home where she received a very helpful resource book.

When she went to the school, they started to take him out to lunch to



Photo by: JENNIFER HARRISON

Katie Warriner, left, points to a photo of his brother Mike, who is sitting next to him. They are both smiling. In the background, there are several framed photos on a wall.

and his Kevin

Dr. Lynne Thompson, vice-president of the A.M.P. Centre in Mississauga, said it is a daily struggle for those dealing with A.M.P. and A.M.P.

"It depends very much on the demands of the day and whether they exceed the person's coping capacity with respect to paying attention, exhibiting responsible behaviour and being resilient," said Thompson. "One day the hardest thing may be staying awake during a boring lecture and another time it may be listening things and not listening to a friend."

This year, the boys have had a lot less bullying, but it's still a challenge and they even have the family to move again. Laurel has even contemplated pulling her kids out of school.

"This year is way better. The unfortunate part of it is the bullying only stopped because the children that were bullying are now in different schools. When those kids come to push up these

children or their friends, they are still on my kids," Laurel said. "I had a teacher tell me that the situation had been becoming my kids and she had to talk to them. We and when parents have to move to get away from bullies for their children's sake. We are planning on moving another time soon, away from the kids. I've had enough."

Kevin and Mike are not the only ones suffering from bullying. According to Statistics Canada, 10 to 18 per cent of students aged 11 to 18 reported being bullied at school on a weekly physical and verbal basis.

According to The Centre for Addiction and Mental Health, among all students in grades 5 to 12, 30 per cent report being bullied at school since September 2007, representing about 311,000 students in Ontario.

A few weeks ago, a school of 12-year-old bullies in 18-year-old in Australia were found and he returned over two million years. After

Richard, 12, punched Gary several times, the coach kept him out of the game and did a "Guns and Butter" decision on the matter. An Australian news station interviewed Richard who said he was bullied but not took his frustration and Gary by calling him bully and going to a separate interview. Gary said he just stopped. He also gave advice to those who are getting bullied: "Keep your chin up."

Now and the last a teacher who was bullied repeatedly and it inspired her to start the anti-bullying campaign to help those who suffer from it.

"Today we are working with countless youth to make sure they don't go through what we did. Hundreds of people from all over the world visit BullyingCanada every day," said Nina.

If you are getting bullied, you need to talk with a teacher, principal or parent. There are many resources out there to help.

A bitter chore has a **sweet** reward

By **ANDREA BAKER**

Every bride wants the perfect cake for her guests, but finding that dream dessert can be anything but a treat. What flavor is the best one? What about style, frosting and colors? All the choices and decisions are enough to turn anyone's sweet dreams sour.

Campaign bride-to-be Kate Tremble said her search is far from easy.

"It is hard to leave exactly what is chosen," she said. "Finding something that shows both of your personalities is a very daunting task."

Luckily, the brides are not alone. Wedding cake designs are as familiar sight as the tradition, and stores such as The Cake Run and Jenna's Bakery are there to help

make those cake fears melt away.

Family-owned and run, Jenna's Bakery sits prominently at the Margaret and Victoria intersections in Kitchener. Jenna Kopke and her son, Miles, make and decorate all the cakes themselves.

"I'll put us," said Jenna. "We could go bigger, but we want it to remain as a family business."

Jenna said that cake styles have changed in the 11 years they have been in business. "Flavors are just not requested anymore," she said. "The designs now is the exciting part."

Although Jenna and Miles can do very intricate designs, there isn't a lot of demand for them.

"We could do a \$10,000 cake, but no one wants that

here," she said. "That's for all those wedding shows to make."

Jenna's Bakery is a small store, but the welcoming aroma of baking cakes is enough to give cake wannabes new hope. After a few steps into the store, cascading cakes appear around the corner. White fondant and delicate and flowers adorn cascading tiered cakes and intricate wedding cake cakes colour and design in the store stand out designs.

"The cakes aren't too expensive there," said Tremble.

For a 150 guest wedding, it's only about \$100. That surprised me, with all the demand they put into every cake.

Jenna and Miles do, on average, about cakes a week, but should the season require it, can do as many as 10.

"Our busy season starts in April or May and doesn't end until October," said Jenna.

Flavor options at Jenna's Bakery include standard chocolate and vanilla, but they also have lemon, carrot, butterscotch and orange, with fillings that range from raspberry and pineapple to blackberry and almond.

"We can do any style or colour you want," said Jenna. "You imagine it and bring us a picture, we will do it."

CAKES IN CASCADING GLORIES

CAKE FLAVOURS

- Vanilla
- Chocolate
- Maple
- Lemon
- Orange
- Carrot
- Butterscotch
- Poppy Seed

FRUIT FILLINGS

- Vanilla
- Black Forest
- Strawberry
- Shortcake
- Raspberry
- Peach
- Pineapple
- Tutti Fruiti

BUTTERCREAM

FILLINGS

- Vanilla
- Chocolate
- Maple
- Hazelnut
- Lemon
- Strawberry
- Raspberry
- Almond
- Caramel
- Maple
- Whipped Cream

The once popular pillared cake design is no longer in fashion



The most popular wedding cake design is currently the cascading tiers

Wedded bliss: Julie and Andrew
pose next to a wedding cake at
The Cake Box.



Photos by Amanda Baines



Wedding cakes like
the one at Julie's
Bakes, offering ideas
for couples searching
for the perfect
dessert for their
special day.



Pizza Pizza offering free slices

By LISA MAGNAN

Pizza Pizza wants to make a trade: your cellphone for a free slice of pizza.

The program, called Cells for Slice, is in honour of Earth Month. Although Conestoga's Pizza Pizza is not taking part either location are giving away a free slice of pizza if you hand in your old cellphone or hand held gadget. You also get the

knowledge that your phone is being disposed of properly and for a good cause.

Each recycled or refurbished device means between \$2 to \$5 for Food Banks Canada, a charity representing food banks across the country. The pizza program has been running for the past seven years, diverting more than 5,100 cellphones from landfills.

The offer expires on April 28.

SIGN OF THE TIMES



Photo by Lisa Magellan

There were some long lines after the Leafs playoff hopes were crushed. Some residents took it home, some others, as shown by the sign.

Shoot for the stars


By LISA MAGNAN

Telescopes, cameras and computers: it's a free over party and astronomy night. The public event takes place on May 2 and is hosted by the Kitchener-Waterloo branch of the Royal Astronomical Society at Conna. The group is interested in

Astronomy Day and began at dusk. With members present tonight, the public, the event will continue until 11 p.m. and take place at the gazebo area of Waterloo Park (Westmount road entrance).

The event will be cancelled due to rain or an entirely overcast sky.

For more information, visit www.kwsra.ca.



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PEER TUTORS REWARDED WITH TASTY LUNCH



Photo by Lisa Magellan

A peer appreciation lunch was held on April 5 to thank all the peer tutors and many volunteers who help with the Learning Centres.

Some of the organizers, Karim Khagman, left, and Amy Gilman, Magman is the tutor co-ordinator and Gilman is the peer tutor officer. She also organizes all the peer communication programs who volunteer to help the medical students with their English. She is also, left, a second-year business administration management student, was in place of the. Magman was a peer tutor during the 2008-2009 season.

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Aries
March 21 –
April 19

Your summer will be filled with pain and anguish when you get a quarter third-degree sunburn.



Libra
September 22 –
October 22

Your entire summer will be a mess of bad news all the while, and working at your meaningless part-time job.



Taurus
April 20 – May 20

You should probably just take a nap through the entire length of the summer. Otherwise, if you will.



Scorpio
October 23 –
November 21

Scorpio, your summer is actually going to be fairly good, if uneventful. Take up playing tennis.



Gemini
May 21 – June 21

There is a lot of television and bad daytime soap operas to be watched. You should get on that.



Sagittarius
November 22 –
December 21

You will be kidnapped in France, kidnapping your mother by Latin Mexico. He has a very particular set of skills.



Cancer
June 22 – July 22

I can promise you that by the end of the summer, you will wish you were back in school.



Capricorn
December 22 –
January 19

Your phone will be ringing non-stop over the summer months, but it's not because you're popular. Your phone has a broken.



Leo
July 23 – August 22

In the middle of June, you will break an ankle playing volleyball, thereby causing short your promising basketball running career.



Aquarius
January 20 –
February 18

A trip to the cottage with your family will result in a week long battle with a rare species of alligator.



Virgo
August 23 –
September 22

You will read 500 books this summer, and for some you own your friends will not be all that impressed. Get on it friends.



Pisces
February 19 –
March 20

You will work during a summer heat wave and be hospitalized. While there you will lose the value of a good package of frozen peas.



Paul Irvine carefully examines the stars and then tells you to have a great summer!

The eagles have landed

American icons seen along banks of Grand River

By SARA HANER

American icons with wings as of over two meters have been spotted around the Grand River in Cambridge and some could be making a home in Hamilton.

A pair of bald eagles was seen nesting in a white pine in Cowan Park in Hamilton, according to an article in the Toronto Star on March 19. If the birds have eagles they could be the first bald eagles born in Lake Ontario's north shore in 25 years.

Bald eagles have been nesting in Ontario since the 1940s, but they declined greatly during the 1970s partly because of the use of DDT.

"They were virtually removed from the southern part of the province," said Mark Crawford, a member of

Oswego Field Ornithologists and coordinator for Cambridge, in a website designed for people interested in bird sightings.

According to National Geographic, bald eagles are believed to mate for life and tend to a pair of eggs each year. Their average nests are constructed of sticks high above the ground. Eagles can live up to 30 years. Their tail on one reaches up to 100 centimeters. The largest bald eagle nest, on record was three meters wide and six meters high. It weighed more than two tons.

The last place in southern Ontario to spot eagles is along the coast of Lake Erie. Eagles need large open areas for fishing and feeding areas for nests. Crawford said that in winter eagles will congregate in the coast

along place as Skutumpah Indian Harbour and the Grand River near Cambridge.

"It's not on everything around to see eagles around Kitchener but a view happens on a regular basis in winter and during migration, spring and fall," said Crawford.

The public eagle is another species of eagle that was listed in Ontario but is relatively rare.

In the Toronto Star article, Tim Dinsinger head of natural lands for Hamilton's Royal Botanical Gardens, said there are now about 50 nests along the lower Great Lakes, including areas north of Toronto and near Peterborough.

"It's been a slow but steady climb back," he said. "We're finally getting the bird back to the big lake."



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Add some Nia to your life

By ERIN FRIEDMAN

"Take it away!" calls Nia instructor Judith Thompson from the front of her studio. Everyone in the class starts to dance to the quiet, catchy beat, their feet bare.

There are no instructions, as the class flows along to the music effortlessly. This type of freestyle dance at the end of a routine is unique to the Nia technique and something that many enjoy. Nia followers love about it. Nia is a body, mind, spirit and dance program that focuses on personal growth.

Nia programs are entirely non-philosophical of extremist whole-body, expressive movement, rather than repetitive jogging or lifting. Nia's bene-

fast, grounded approach maximizes body efficiency and encourages pure to move with awareness, but in a gentle way. The instructor offers classes in the movements can be adapted to suit all fitness levels.

Nia supports the pleasure principle if it feels good keep doing it. If it hurts, stop. The great thing about Nia is that anyone can do it. From children to dancers to people just getting back into a fitness routine, the movements can be adapted in many ways to suit everyone's personal needs.

"Nia differs from other exercises in it addresses the whole body, it is holistic in its approach moving the body, repeating the work, teaching

the motions and awakening the spirit," said Thompson.

The Nia technique is an internationally recognized fitness program certified by the American Council on Exercise. It draws its movements from nine different movement forms: three from each of the dance arts (ballroom, modern, jazz), three from the martial arts (judo, the korean do, aikido) and the healing arts (yogasana, Tai Chi, Alexander Technique, Alexander Technique and yoga).

"This awakening workout allows for plenty of vocalized self-expression for those so inclined and leaves you feeling ready to spread your wings and soar," said People magazine.

Thompson has been teaching Nia since 2007. She has a studio built into her home in Radford, Ga. (outside of Atlanta where many local students and newcomers come to enjoy the Nia technique).

"I was on a teaching retreat and looking for a dance class to take to re-ignite both creative juices and my joy over the dance," said Thompson. "I was thinking in a dance studio ready to sign up for a ballroom class, when I got on the wall tonight my eye it was something new. Nia class, the joy of movement was the phrase that resonated out to me and I signed up. After the first class I was hooked."

Thompson took the Nia training initially with no

intention to teach. After a while she felt compelled to do it. She had experienced the benefits of Nia not only when she was in just health but when her health was seriously compromised and at some point she felt the need to share it with others.

"I wanted to be motivated spiritually, strengthened physically, challenged and supported mentally and emotionally through my Nia teaching and practice," said Thompson. "Through Nia I have come to love my body as I am, I have found my voice and feel empowered to use it. With each class I experience such an overwhelming sense of joy that supports and reinforces my feeling of dancing through life."



PHOTO BY ERIN FRIEDMAN

Nia studio supervisor (left) teaches and dances in their own style while enjoying the freestyle atmosphere in an outside garden fitness studio in Radford, Ga.



PHOTO BY ERIN FRIEDMAN

Nia instructor and founder Charles Applebaum leads a class in a freestyle studio, getting the group to work up a sweat.

THE BENEFITS OF NIA

From The Nia Technique written by the creators of Nia.

1. It increases the pleasure of being in your body
2. It corrects weight loss and proper weight maintenance
3. It sets spiritual anchors, improves intuition and emotional clarity
4. It calms the mind and releases stress.
5. It improves endurance
6. It improves grace and flexibility
7. It balances the autonomic nervous system
8. It improves posture and releases pain from the back
9. It improves spatial freedom particularly that of the heart and lungs
10. It enhances sensory awareness
11. It brightens spiritual awareness
12. It builds confidence of self
13. It alleviates emotional problems, including depression, anxiety, post-traumatic stress disorder, obsessive-compulsive disorder and neurodegenerative problems
14. It improves circulation of blood and improves lymphatic drainage
15. It strengthens immunity
16. It improves concentration and cognitive function



This is one more test you want to pass

by VICTORIA SPRACHMAN-DEER

Good sexual health, along with good mental health, is very important but it can sometimes be overlooked.

However, it's one of the most important things to maintain thanks to condoms.

Despite this, the lack of proper contraception is alarming, and is contributing to a massive increase in the transmission of chlamydia.

Last year in 2006, we had 1,117 cases of chlamydia in Waterloo Region, (Waterloo, Kitchener, Cambridge and surrounding townships) and 343 of these cases were in females 15-24 years of age.

said Mary McKee, a public health nurse at the sexual health clinic at the Region of Waterloo Public Health. "That was up from the total in 2005. There was a total of 1,013 cases, and of those, 485 are females 15-24." If left untreated most serious problems can arise, including getting pelvic infections, long term, which can lead to complications in female fertility.

However, STIs such as chlamydia, gonorrhea and

syphilis are treatable.

"Even though it's easily diagnosed and treated, you should avoid getting it," said McKee.

"Just because we can take care of it easily doesn't mean it's not a big deal."

The best way to make sure your sexual health is not at risk is to get tested regularly, especially if you have had previous partners. You can get these tests just about any where, including at your family doctor's office, health services, walk-in clinics or at the sexual health clinic.

The standard STD screening is a simple urine test, though in some cases (for men and women) a swab may be used. Public Health also provides a rapid HIV test, which gives a blood sample from a finger prick with results in just a few minutes.

If you are given a clean bill of health, it's good to keep maintaining it.

"One of the ways to protect your sexual health is to limit the number of partners you have."

"The more you have, the greater chance you're going to



PHOTO BY VICTORIA SPRACHMAN-DEER

Region of Waterloo Public Health is home to the sexual health clinic, located on the second floor. The clinic offers free condoms and STD screening.

get something. It's OK to be sexy," said McKee.

Again, condoms are one of the easiest and most access-

ible ways.

The sexual health clinic located at 80 Poplar St. is open after hours for free or

discount, between 6pm to 9pm on days, but not on weekends. It's not a bad idea to get a prepared, especially when preparing for going out on a date.

"The other thing to keep in mind is the role that alcohol and drug use can play in this. It's important either way, and our judgement that you've got to make the right choice as we do see a lot of young adults who say they are normally good at condom use, but they get drunk, no condoms, boom," said McKee.

Protecting one another is vital in this situation, but so is a solid love.

"It's not just sex, STIs and birth control, it's the whole issue of relationships and trusting each other with love and respect," said McKee.

The sexual health clinic not only offers testing and condom options, but counselling as well.

The sexual health clinic at the Public Health centre in Waterloo is located on 80 Poplar St. 8 and in Cambridge at 100 Main St.

For more information go to www.region.waterloo.on.ca and click on the Sexual Health

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Conestoga's athletes honoured at banquet

By **AMBER HALL**

Varsity players headed to their lockers for snacks and chips at the third annual athletes banquet.

Master of ceremonies Paul DeWaters started off the evening talking about the appreciation that varsity sports provides to the students at Conestoga College. "You get a first class education while still playing a sport you are passionate about."

Conestoga College president John Yoncos also addressed the audience, talking about how varsity athletes become adults with an education, leadership and learning how to win the effort – hard work, thank you and congratulations to all the athletes in attendance.

The night included two addresses into the Conestoga College Athletics and Recreation Hall of Fame – Building category. The reason that they were a coach, faculty member, staff member, official, administrator or member of the college community who contributed greatly to the development of Conestoga College athletes as the future of Conestoga athletes.

Deane Sheld was the first inductee. He has been working at Conestoga since 1978, holding various positions such as athletic technician, where he started his career, his progress on the school of athletic technician. He did have coaching varsity athletes since 1978.

The second inductee was

Geoff Johnston. He started at the school in 1980 as a professor and is now the co-ordinator of physical activity degree students. He started the men's soccer team in 1971 and women's in 1988. He has since helped three teams claim six OCAA gold medals.

The night also included the announcement of male and female athletes of the year. Five days of both the indoor and outdoor season teams were the women's athletes of the year award and James Smith of the men's soccer team was the men's award. Also was given at the OCAA championships this year.

Smith, a third-year computer engineering technology – electronics student, was grateful for the honour and wanted to thank his wife Larissa, Bob Evans, Ben Vandoren, Geoff Lawson and David McNeill. "I want to thank Conestoga College for giving me the platform to show off my talents," he said.

Learn, studying public relations and a recipient of a diploma in the business administration – marketing program, was surprised and happy at his win. "This year kind of paid off. I love this team. I put a lot of time and effort into it and I'm glad it finally paid off."

The athletes scholarship, made possible by the Alumni Association, was presented based on academic choice, the student had to be an exceptional contributor to the team, show leadership and moral merit. They also had to show

progress in the classroom. John Johnston and Wendy Rose of Alumni Services presented a \$25,000 cheque to the Athletics Association, then continued in giving out the awards. Future students were honoured.

The individual awards were then given to students on all 18 varsity teams. Each team had one coach's award and one most valuable player or award handed out.

The coach's award recipients were John Stoyf (volleyball), Jeff Suterfor (volleyball), Cynthia Matheson (basketball), Kristian Macdonald and Kristian Macdonald (cross country), Michelle Kari (track), Bob Duncan (track), Nathan Greene (indoor soccer), Jordan Taylor (indoor soccer) and Kevin Lantz (indoor and outdoor soccer).

Most valuable player awards went to Matt Dicks and Tim Dicks (volleyball), Amy Down (volleyball), Edward King (basketball), Jason Smith and Candace Perry (cross country), Brenda Miller (track), Kyle O'Shea (track), Jordan Taylor (indoor soccer), Nathan Greene (indoor soccer), Irene Cunningham (indoor soccer) and Heather Dicks (indoor soccer).

Thirty nine graduates were also awarded with the Ontario College Athletics Association – all Conestoga awards, meaning that they had achieved a grade point average of 2.5 or higher while still taking part in varsity athletics.

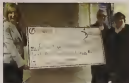


Photo by AMBER HALL

Alumni Services, from left, and Wendy Rose of Alumni Services present a cheque from the Alumni Association for \$25,000 to the late Paul, athletes annual banquet.



Recipients of the athletes scholarships presented at this past's banquet benefited from the Alumni Association donations.



President John LaRocca, left, and Deane Sheld pose with O'Neil. Geoff Johnston and Deane Sheld after Johnston's and Sheld's induction into the Conestoga College Athletics and Recreation Hall of Fame – Building Category.



Each varsity team had a coach's award and most valuable player.



A number of student athletes were recipients of the OCAA, all-Canada award. Athletes had to have a GPA of 2.5 or higher to qualify for the award.

Fashionable issues

Students create designs that evoke emotion

By AMANDA BARNES

What is so small it can pass by completely unnoticed, but can also take hold of you and won't let you go? It's an idea. The second-year visual merchandising students were presented with an idea that might vexed them for a year.

The idea in question was a term project: the month of the idea permeating through each student, an outfit dedicated to bringing awareness to world issues. The idea grew further and a fashion show was born.

The students designed and created the outfits, found models to wear them, found the venue, catering and seating and worked on advertising.

Interior decorating professor coordinator Marjorie Hedges presented the students the list of the work they put in.

"I am so proud of them for all of this," she said. "They were given an idea and they did all the rest. It's incredible."

The classrooms,

modeling mostly of women, with only one male, was all a bit,

designed and created all the costumes. From scratch. Covering issues such as moral slavery, sex trade and child abuse, these costumes were designed to evoke emotion.

Stephan O'Hara, who designed and modeled her own costume simply called "war" said it was a very personal show.

"We all know people who were somehow impacted by the conflict, so it was definitely a personal thing to me," she said.

"It really means a lot being able to represent a friend through my work."

Field in Connecticut, a four-hour show on Main Street in Cambridge, Massachusetts captured nearly 300 audience members.

"It's incredible," said Hedges. "We were only expecting about 100."

Proceeds from the show went to the Cambridge RedHill Food Bank, with a donation taken up during the event to go to the Red Cross in Japan on their time of need.



Photos by
Amanda Barnes

Audience, a fashion show created to express world issues, featured a variety of problems including child abuse, sex and slavery.

